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JOSEPH GORDON-LEVITT'S STAR IS RISING WITH EACH NEW PERFORMANCE PAGE 13

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City mulling tougher new smoking rules

Public input sought. Prohibitions could be coming to parks, entrances to city buildings

ANGELA MULLINS
angela.mullins@metronews.ca

A city-council committee has thrown its support behind a smoking ban in public spaces and within nine metres of doors to municipal buildings.

Tuesday's move comes after city administrators presented several alternatives for regulating smoking in public places. Staff were asked to research options in February after the issue was raised by the Middlesex-London Health Unit.

Proposals pitched to the community-services committee meeting included maintaining the status quo, creating smoke-free buffer zones around playgrounds and establishing designated smoking areas in parks.

The all-out ban councillors endorsed was the most restrictive suggestion. It's also the one administrators recommended, saying it's the most effective in terms of promoting public health, public education and cost.

A public-participation meeting will be scheduled for Oct. 1, to field comments from the public. If the new rules win council approval, they could take effect in May.

Coun. Matt Brown, chairman of the community-services committee, hopes people ranging from parents to those who organize events at parks will share their thoughts.

"I really want to understand how people feel about this," he said. "I need to understand that this is something the public wants. I haven't heard from a single resident that this is an issue."

London would follow in the wake of more than 50 Ontario cities if councillors decide to regulate smoking in public spaces, according to staff research citing a database maintained by the Non-Smokers' Rights Association.

Most of the cities prohibit smoking within a certain distance of playgrounds and sports fields. Thirteen have banned smoking outright in parks, the database shows.

Follow Angela Mullins on Twitter @MetroAngela

Smoke signals

$40K

The approximate cost of signs to indicate smoking regulations in public spaces under most proposed options would be $40,000, a city report says.

BLOCK PARTY

Master model builder Dan Steininger counts Lego pieces on Tuesday as he prepares to add another block to a massive Darth Maul head being built at the London Children's Museum. Steininger is leading a team of Lego aficionados at the museum this week, giving children a chance to help build the Darth Maul. The final creation will be unveiled on Friday. To learn more, go to londonchildrensmuseum.ca. ANGELA MULLINS/METRO

NEWS 1

On-street parking ban during Western Fair passes first hurdle

Sept. 7 to 16. Council committee approves temporary bylaw that would allow for enforcement, ticketing

ANGELA MULLINS
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City officials hope a parking crackdown around the Western Fair District will lead to safer streets and fewer problems for property owners during this year's event.

City council's civic works committee gave preliminary approval Tuesday to a bylaw that would prohibit parking on portions of five streets from Sept. 7 to 16. If approved by full council Aug. 28, the bylaw will allow for cars parked in those areas to be ticketed during the fair.

METRO FILE

In the past, the city has tried to prevent parking on the streets by putting up temporary "no parking" signs. The approach has been ineffective, administrators say, because people either move the signs or ignore them.

Targeted for crackdown

Areas that would be affected by the proposed parking ban during Western Fair:

- West side of Woodman Avenue and Charlotte Street between Dundas Street and Lorne Avenue
- South side of York and King streets between Egerton Street and Kellogg Lane
- South side of Frances Street between Egerton and Ethel streets

Signs alone also don't allow parking-enforcement officers to issue tickets. For that to happen, a temporary control bylaw, like the one tabled Tuesday, must be on the books.

Annette Drost, the city's manager of parking and licensing enforcement services, said complaints about fairgoers clogging residential streets reached an all-time high last year.

Aside from people blocking driveways with their cars, extra traffic creates safety concerns, Drost said.

"These five streets are narrow and congested to begin with," she noted. "The areas weren't built for 17,000 people a day to be manoeuvring through."

The areas targeted for the crackdown are those where parking is allowed at other times of the year. Parking already is prohibited on streets not included in the proposed fair-time bylaw, Drost said.

Even though the fair district is offering free parking in its lots this year, administrators said there's still a need for action from city hall.

There's no way to know what impact the free parking will have on the traditional spillover to city streets, city engineer John Braam said.

"I would suggest this is still needed this year, at least as a precursor to where we may be able to go next year," he told councillors.

Follow Angela Mullins on Twitter @MetroAngela

Collision involving cyclist and minivan sends one to hospital

London police Const. Will Knelsen works at the scene of a Tuesday crash involving a minivan and a cyclist on King Street, just east of Maitland Street. The cyclist was taken to hospital shortly after the accident was reported at 7:50 a.m. The extent of his injuries are not known, police said. The minivan's driver, along with his three passengers, were uninjured. King Street was closed for several hours between Maitland and William streets as officers investigated. ANGELA MULLINS/METRO

Mobile news

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AIDS hospice marks milestone

Twenty years later.
London facility has evolved to serve the needs of those living with HIV/AIDS

ANGELA MULLINS
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Bruce Rankin, executive director of the John Gordon Home, is pictured outside the AIDS hospice on Pall Mall Street Tuesday afternoon. The London facility, the only one of its kind in southwest Ontario, will mark its 20th anniversary with a garden party on Thursday. ANGELA MULLINS/METRO

When the John Gordon Home opened in October 1992, the AIDS crisis was hitting its peak.

An estimated 1,300 Canadians diagnosed with the disease died that year. By comparison, in 2009, a reported 25 Canadians died from AIDS. Twenty years ago, many lost their lives amid a social stigma that stripped them of self-worth and, at times, proper medical care.

For those people, many of whom were gay men, the hospice was more than a place to receive treatment in their final days, executive director Bruce Rankin said.

It was a refuge.

"A lot of young men came to the John Gordon Home, picked up the phone and called their families to say, 'I'm gay and I have AIDS'," Rankin, a volunteer turned staff member, recalled.

"There was a tremendous grassroots movement within the gay community at that time to develop services for people who were being impacted. They set up social supports for people and, of course, medical supports."

As the AIDS epidemic has evolved, so has the hospice.

Founded on a mandate of helping people die in peace, the non-profit marks its 20th anniversary with a focus on helping people with HIV/AIDS and hepatitis C live "long, healthy lives", Rankin said.

That includes offering short-term accommodations for people visiting London to receive medical care or for newly diagnosed patients adjusting to medication.

Through it all, one principle has remained the same, Rankin said.

"Our vision has always been to be a home with a heart, to provide a warm, compassionate safe place for people to live with dignity," he said. "That hasn't changed."

Neither has the threat posed by HIV/AIDS, Rankin said. "There is no cure for HIV and people do still die from HIV-related illness. We have to continue to be flexible at the John Gordon Home to respond to people's needs as this epidemic unfolds.

"While it might not be the death sentence that it was, it still has a significant, lifelong impact as a disease."

Follow Angela Mullins on Twitter @MetroAngela

If you go

- The John Gordon Home at 596 Pall Mall St. will mark its 20th anniversary with a garden party from 5 p.m. to 7 p.m. on Thursday.
- The event will include a tree-planting in honour of former executive director Sam Conti.
- Details are at johngordonhome.ca.

Minister confident courts won't overturn bill imposing new contract on teachers

Education Minister Laurel Broten, pictured, says the Ontario Secondary School Teachers' Federation is embarking on "local conversations" to find an alternative path to meet the government's budget. TORSTAR NEWS SERVICE FILE

Ontario isn't rolling the dice on a potential court challenge by foisting new contracts on thousands of teachers, even though it's turned out badly for other cost-cutting provinces, Education Minister Laurel Broten said Tuesday.

The cash-strapped Liberals plan to introduce a bill next week that would impose a deal on tens of thousands of teachers that would rein in wages and cut benefits.

If passed, the government would also be able to ban a strike or lockout for the next two school years.

Two big teachers' unions that continue to resist the government's belt-tightening demands have vowed to fight the legislation in court. But Broten expressed confidence that it would withstand a constitutional challenge.

"If this bill is passed and challenged in court, our position will be that it is constitutional, that we respected the constitutionally protected right to the process of collective bargaining and that in any event under the Charter this bill is reasonable and justified in all circumstances," Broten said.

The government tried to avoid the mistakes that ended up overturning labour legislation in British Columbia, she said.

In 2002, the B.C. Liberals rewrote health-care contracts to allow for widespread contracting out, leading to a 2007 Supreme Court of Canada ruling that struck down sections of the law and forced the government to negotiate a $75-million compensation training package.

But there are "major differences" between Ontario and the B.C. case, she said.

In B.C., the government gave 20 minutes notice to the unions that they were changing the contract and the Supreme Court found that wasn't bargaining in good faith, she said. In Ontario, the government tried to negotiate with unions for six months.

In agreement

Ontario has also been able to reach agreements with three unions representing about 55,000 teachers and other education workers, Education Minister Laurel Broten said.

Sarah Slinn, a professor of labour law at Osgoode Hall Law School at Toronto's York University, said Ontario is in a good position to argue that its restrictions on collective bargaining rights are justified because the province has severe financial problems.

THE CANADIAN PRESS

Egerton Street

Driver charged after bakery crash

A 32-year-old man faces impaired driving and other charges after a crash through an east end bakery.

On Monday, at about 11:50 p.m., police responded to a report of a collision at the Nova Era Bakery on Egerton Street. A GMC Jimmy was eastbound on Florence Street when it failed to stop at the intersection at Egerton and crashed through the bakery.

The driver fled from the scene in the vehicle, but police soon spotted him around Ashland Avenue and Francis Street. The driver was not injured.

Derrick MacIntyre of Strathroy has been charged.

Estimated damage was $35,000 to the bakery, $10,000 to the vehicle. METRO

Ingersoll

OPP investigate fatal collision

Oxford County OPP are investigating a deadly single vehicle crash just east of Ingersoll. Investigators say a 2000 Chrysler Intrepid failed to stop at stop sign Tuesday morning, struck a tree and came to rest in a field. The male driver died at the scene. AM980/AM980.CA

Fundraiser

Glow Golf in September

Glow Golf to benefit Deaf Blind Ontario Services will take place Sept. 13 from 5:30 to 11 p.m. at Greenhills Golf Course, 4838 Colonel Talbot Rd. Registration is $75 (single) and $250 (foursome). For more information, visit deafblindontario.com. METRO

Event schedule

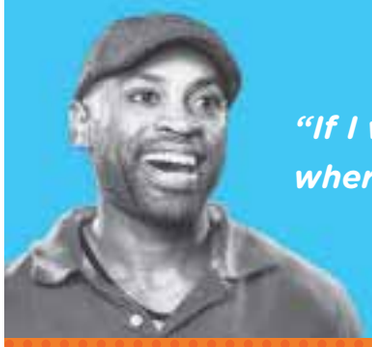
Stanley Cup display

Here's the schedule for Thursday's Stanley Cup visit with Drew Doughty and Jeff Carter of the L.A. Kings.

A bus carrying the players arrives at city hall at 11:30 a.m. Mayor Joe Fontana will speak on behalf of council, followed by a presentation to both players.

At noon, police will transport the Cup crew to the John Labatt Centre. Arrival time will be approximately 12:30 p.m.

The Cup crew will then proceed through Gate 1 and into the concourse area. Pete James, London Knights colour commentator, will emcee a Q&A with Doughty and Carter. Following this, the Cup will be on display until exactly 1:30 p.m. when the players must depart for other celebrations. METRO



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Car rental scam

Suspect may have conned others

A man accused of conning people out of more than $10,000 by encouraging them to rent cars for him may have more victims, police say.

"I strongly suspect there are more people who have been taken by this gentleman," said Det. Martin Cardinal of the Ottawa Police.

Richard Lee Maracle, 41, faces four counts of fraud and one count of theft of a motor vehicle after being arrested three weeks ago.

"He may be from another city," Cardinal said.

GRAHAM LANKTREE/METRO

1,394 complaints

Election scandal may be widening

Complaints about fraudulent or misleading telephone calls in last year's federal election have almost doubled, say court documents filed by election officials.

By mid-August, Elections Canada had received 1,394 complaints "alleging specific occurrences" in 234 of 308 ridings, a lawyer says. The investigation has centred on Guelph, Ont., where residents say they received automated phone calls directing them to a wrong polling station.

THE CANADIAN PRESS

$60,000 tab

Toronto mayor insists: No driver

Toronto's mayor, who raised eyebrows when he was spotted reading behind the wheel, says he won't be getting a personal driver.

The expense of a chauffeur would be a "waste of taxpayers' money," Rob Ford told reporters.

He said a private driver would add up to $60,000 to the municipal tab.

Ford has said he uses his morning commute to keep pace with his busy work schedule. He has also come under fire for using his cellphone while driving.

THE CANADIAN PRESS

Jack's message of hope

"Let us be loving ..." This monument to beloved NDP leader Jack Layton was unveiled in a Toronto cemetery on Tuesday. Layton's ashes will be spread at a private ceremony Wednesday, marking the one-year anniversary of his death. RENE JOHNSTON/TORSTAR NEWS SERVICE

Police identify victim of grisly homicide

Body parts shock. 'Nice and quiet' Guang Hua Liu was a single mother of three and owned a holistic spa in east Toronto

A police officer holds a photo of victim Guang Hua Liu. MICHELLE SIU/THE CANADIAN PRESS

Body parts found scattered in Toronto-area waterways belonged to a single mother of three, police say.

Guang Hua Liu, 41, was last seen by friends late in the afternoon on Aug. 10 as they dropped her off at her recently defunct spa in east Toronto, Peel Regional Police said.

Friends reported her missing the next day and on Aug. 15 her right foot was found in the Credit River in Mississauga, about 45 kilometres west of where she lived in east-end Toronto.

Liu's head and hands were discovered in the river in the Hewick Meadows Park area.

Over the weekend, two calves, a thigh and an arm were found in West Highland Creek in east-end Toronto.

Forensic tests have determined all of those remains belonged to Liu, but police still do not know how she died.

One of her three children is an adult and the other two live with their father, Insp. George Koekkoek said.

Investigators are treating the case as a homicide, but they say they don't believe there are other victims.

"We're satisfied to this stage that there's no threat or danger to the public safety," Koekkoek said.

Koekkoek added: "We have no reason to believe that this is anything other than an isolated case."

Police investigators have executed several search warrants, but none of the searches turned up any more body parts, Koekkoek said.

THE CANADIAN PRESS

A spa called Forget Me Not

Liu was the owner of a holistic spa called Forget Me Not, said a woman with a Toronto firm that rented the space.

- **Monthly lease.** Liu signed a month-by-month agreement, the woman said, adding: "She was very nice and quiet."
- **A citizen.** Liu was a Canadian citizen, police said.

Rat crisis. Alberta city may need a Pied Piper

The rat population found in a landfill in Medicine Hat, Alta., appears to be spreading to cushier digs.

Bylaw superintendent Fred Crittenden says the rodents are being discovered in residential areas.

All appear to be the same species as the more than 80 Norway rats that have been found in the dump since earlier this month.

Crittenden said traps will be put up around the city.

"Our pest control company is setting up bait stations at various locations," he said.

"Those are going to be checked on a regular basis to see what kind of activity we're having on them."

THE CANADIAN PRESS

Swine flu. Keep pigs away from fairs, expert says

Swine flu spreads from pigs to people. And fairs may be to blame, a U.S. expert says. KYLE ROBERTSON/COLUMBUS DISPATCH/THE ASSOCIATED PRESS

It's been found in pigs and/or people in more than 10 U.S. states and counting.

In less than a month, more than 200 people — most young children — have been infected by an unwanted visitor to many of the state and county fairs held at this time of year.

A new swine flu virus is infecting a growing number of people in the United States.

And flu expert Michael Osterholm says it's time to tell fair organizers that pigs should stay home from the fair.

"I'm convinced that wherever you have pigs and fairs right now you're seeing this transmission," said Osterholm, director of the University of Minnesota's Center for Infectious Diseases Research and Policy. "These pigs shouldn't be at the fairs."

THE CANADIAN PRESS

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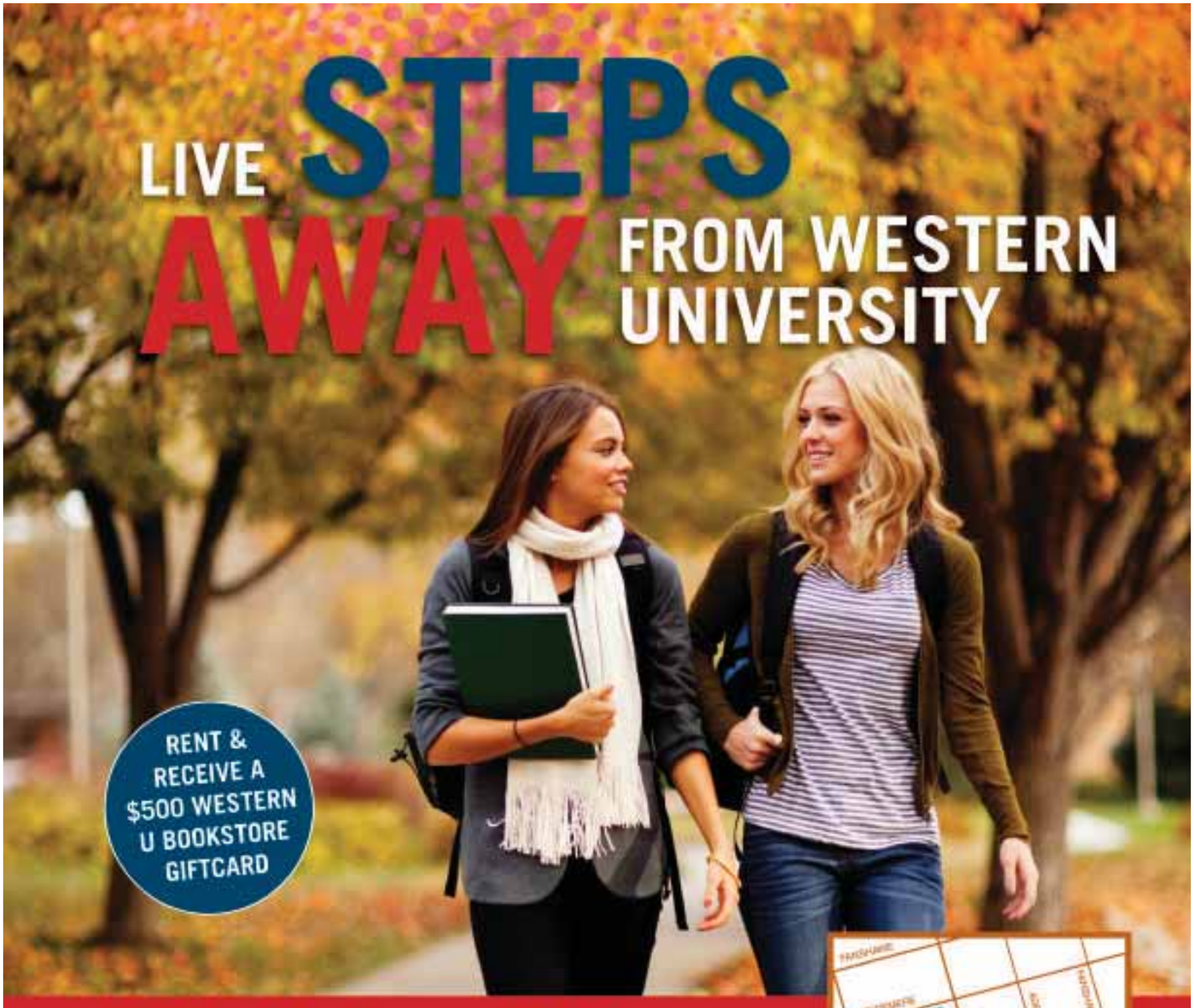

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ASSET MANAGEMENT

Delaware. Daycare workers allegedly formed toddler fightclub

A child care centre in Delaware has had its business licence suspended after police arrested three employees who allegedly encouraged toddlers to fight.

The arrests were made Monday after police discovered a cellphone video of three women working at the Hands of Our Future daycare in Dover, the state capital, allegedly encouraging two three-year-olds to duke it out.

"He's pinching me," yells one child in the video.

"No pinching, only punching," is a worker's response, according to the Dover Police.

"It was a difficult video to watch," Dover Police Capt. Tim Stump told FoxNews.com. "One of the kids involved ran over to one of the adults for protection, but she turned him around back into the fight."

Tiana Harris, 21, Estefania Myers, 21 and Lisa Parker, 47, have been charged with multiple counts of assault and endangering the welfare of a child.

"It's very disturbing to think anything like that could go on," said Amy Bickerling, whose four-year-old son is enrolled at the centre, to Delawareonline.com.

"I know these teachers. I go on all the field trips. I've never seen anything irregular," she said. TORSTAR NEWS SERVICE

Air Canada

Flight diverted for unruly passenger

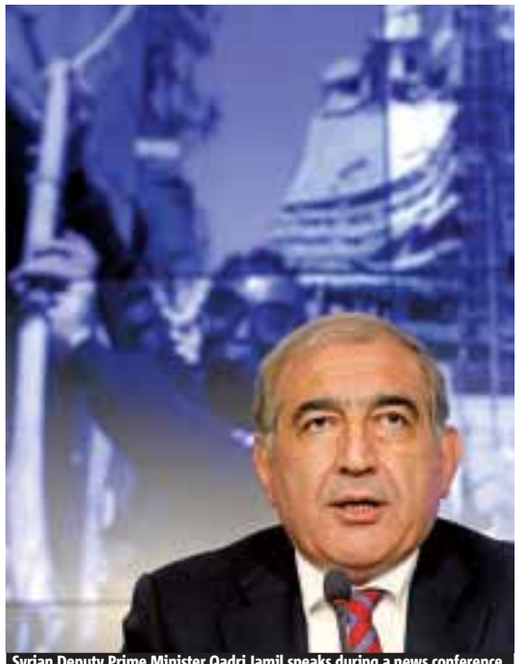
An Air Canada flight en route to Calgary from London, England, had to be diverted due to an unruly passenger.

Air Canada spokesman Peter Fitzpatrick says police boarded flight 851 in Edmonton on Monday afternoon and removed a male passenger.

Mounties say a drunk man allegedly assaulted a female crew member and another passenger, and did some minor damage to the Boeing 777. There were 349 passengers and 11 crew onboard, and police say they subdued the man before the plane landed in Edmonton.

Thirty-five-year-old Justin Frank of Calgary is facing several charges. THE CANADIAN PRESS

Syrian minister warns against U.S. intervention



Syrian Deputy Prime Minister Qadri Jamil speaks during a news conference in Moscow on Tuesday. SERGEY PONOMAREV/THE ASSOCIATED PRESS

Civil war. Qadri Jamil called Obama's warning over use of chemical weapons 'propagandistic threats'

President Barack Obama's warning over chemical weapons in Syria indicates the West is looking for a pretext for military intervention, a senior Syrian government official said Tuesday following talks in Moscow.

Syrian Deputy Prime Minister Qadri Jamil warned against any such intervention.

"Those who are contemplating this evidently want to see the crisis expand beyond Syria's borders," he told journalists in comments translated into Russian. The Syrian civil war, which began with a popular uprising in March 2011, is already spilling into neighbouring Lebanon.

Obama said Monday the U.S. would reconsider its opposition to military involvement in Syria if President Bashar Assad's regime deployed or used chemical or biological weapons.

Jamil described Obama's statements as "propagandistic threats" connected with the U.S. presidential election. However, he also said they indicate that "the West is looking for a pretext to intervene militarily," adding, "we must say that such intervention is impossible."

Russia, which along with China has steadfastly backed Syria and blocked U.N. sanctions on Assad's regime, earlier warned Syria against using chemical and biological weapons. THE ASSOCIATED PRESS

Negotiations

Jamil said the government would be willing to discuss Assad's resignation but only after the opposition agreed to join in negotiating a peaceful settlement.

- "Making his resignation a condition for dialogue effectively makes holding such a dialogue impossible," Jamil said. "During the negotiating process any issues can be discussed, and we are ready to discuss even this issue."

Turkey

Girl dies of wounds in bomb attack

A 12-year-old girl became the ninth victim Tuesday of a bomb blast in Turkey's southeast, which has highlighted fears that Kurdish rebels seeking self-rule are becoming emboldened by moves toward autonomy by the Kurdish minority in war-torn Syria. Deputy Prime Minister Besir Atalay said the girl had died of her wounds and that three other children were among those killed when a bomb concealed in a vehicle exploded Monday night near the Syrian border, where thousands of refugees are sheltering in Turkish camps. THE ASSOCIATED PRESS

France

Sensitive files stolen in break-in

The French government says thieves who broke into a vehicle at a Paris train station made off with a USB drive and discs containing floor plans for the French presidential palace, the main security agency and the Paris police department. The Interior Ministry said Tuesday that the stolen documents weren't classified and that their disappearance put no one in danger. THE ASSOCIATED PRESS

Thwarted. Woman calls off 4th attempt to swim from Cuba to Florida

Diana Nyad ended her fourth attempt in nearly 35 years to swim across the Straits of Florida on Tuesday, her dream of setting a record thwarted by storms, jellyfish stings, shark threats, hypothermia and swollen lips.

In a blog posting, crew member Candace Hogan wrote that Nyad angrily shook her head after being pulled from the water and planned to return to finish the swim after the storms subsided.

"When can I get back in?" Hogan quoted the swimmer as saying. "I want full transparency that I was out. But I have plenty left in me and I want to go on."

She was aboard a boat headed to the Florida Keys and was likely to arrive Tuesday afternoon.

Nyad, who turns 63 on Wednesday, was making her third attempt since last summer to become the first person to cross the Florida Straits without a shark cage. She also made a failed try with a cage in 1978. THE ASSOCIATED PRESS

Endurance swimmer Diana Nyad rests after being pulled out of the water between Cuba and the Florida Keys early Tuesday.
DIANA NYAD/THE FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

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Stock. Facebook closes lower, erasing Monday's gains after Thiel sale

Facebook's battered stock closed lower Tuesday, erasing some of the gains it saw a day earlier.

Regulatory filings revealed Monday after the stock market closed that Peter Thiel, Facebook's first big investor, shed most of his holdings in the social networking icon.

Thiel is also a board member.

Thiel originally invested $500,000 in Facebook in 2004. He sold 16.8 million shares in the company's May 18 IPO and another 20 million or so late last week after a lockup period expired. In all, he's reaped more than $1 billion from the sales. THE ASSOCIATED PRESS

PayPal founder and Facebook investor Peter Thiel GETTY IMAGES

Deal. Soros takes stake in soccer club Man United

Billionaire financier George Soros is getting in on the game, taking a minority stake in soccer club Manchester United.

Soros disclosed in a regulatory filing on Monday that he owns 7.85 per cent of Manchester United's Class A shares. The filing with the U.S. Securities and Exchange Commission was made by Soros' hedge fund, Soros Fund Management LLC.

The 134-year-old English Premier League soccer club went public on the New York Stock Exchange earlier this month.

The American family that owns the team, the Glazers, have voting control over it through Class B shares that have 10 times the voting power of the stock sold to the public. THE ASSOCIATED PRESS

Mowing down the competition with robotics

Honda Motor Co.'s Asimo robot — which walks and talks — shows off the company's new Miimo lawn mower. Honda is releasing its first product for the home, a sensor-equipped lawn mower packed with its prized robotics technology. Miimo goes on sale next year, retailing for around $3,000 — but only in Europe. The machine, which looks a bit like iRobot's Roomba vacuum cleaner, continuously shaves about three millimetres off the grass, maneuvering itself on sloped areas. HONDA MOTOR CO./THE ASSOCIATED PRESS

Management

RIM appoints new U.K. exec

Research In Motion has made another change in its leadership, appointing a new managing director of its U.K. & Ireland business as it readies the launch of the BlackBerry 10.

The company said Tuesday that Rob Orr would step into the key role starting Sept. 1. Orr has worked at RIM for more than six years, focused on global product management. THE CANADIAN PRESS

Market Minute

DOLLAR 101.04¢ US (-0.13¢)

TSX 12,116.92 (+40.89)

OIL $96.68 US (+71¢)

GOLD $1,642.90 US (+19.90)

Natural gas: $2.775 US (No change)
Dow Jones: 13,203.58 (-68.06)

Canadian nickel firm snagged in Cuban corruption probe

Mining. Government officials and workers from joint Cuban-Canadian venture convicted in contract-expansion case

A Cuban court has convicted a dozen people of corruption, including high-ranking government officials, an executive at a state-run nickel company and workers from a project operating under a Cuban-Canadian joint concern, official media announced Tuesday.

In a case involving a contract for the expansion of the Pedro Soto Alba nickel and cobalt processing plant at the Moa mine, the sentences range from four to 12 years, the Communist Party newspaper Granma reported.

The court in the eastern province of Holguin took into account "the gravity of these acts and their harmful consequences in one of the strategic activities for the nation's economy, and the conduct of the accused, characterized by the loss of ethical values and deception," the bulletin read.

The announcement was the first official confirmation of a probe that since last year has been the source of rumour and private discussion by diplomats on the island, part of a crackdown on graft that has caught up several foreigners and sent a chill through the small foreign business community.

The Moa Joint Venture that controls the mining operation is operated in tandem by Cuba and Toronto-based mining company Sherritt International Corp.

Sherritt representatives did not immediately reply to phone and email messages seeking comment.

Moa currently produces 37,000 tons of nickel and cobalt per year, according to Sherritt's website. THE ASSOCIATED PRESS

Valuable resource

$1.8B

Nickel revenues in Cuba are likely around $1.8 billion US for the year based on recently released overall export figures.

Higher duty-free exemptions luring shoppers

Higher duty-free exemptions for cross-border shoppers helped attract Canadians stateside in record numbers in June, analysts and retail groups said Tuesday as Statistics Canada reported 1.9 million overnight trips to the U.S. that month.

Paul Ferley, an economist at RBC, said the new exemptions — which let those on an overnight trip to the U.S. declare $200 worth of purchased goods, up from $50 — combined with a strong Canadian dollar have upped the incentives to shop south of the border.

"There was concern with the higher exemptions that it could prompt increased shopping trips into the U.S.," said Ferley. "Certainly the recent data suggests that's what played out."

A Statistics Canada report released Tuesday says overnight trips to the U.S. rose 7.5 per cent in June compared to May, to 1.9 million. That's the highest level since 1972, when the agency began keeping records on such cross-border jaunts.

Most overnight travel was by car, with Canadians taking more than 1.2 million trips — a 10 per cent increase month over month.

Canadians on a jaunt to the U.S. for two and seven days are now allowed to declare $800 worth of goods, up from $400, while the limit for visits of more than a week increased to $800 from $750. THE CANADIAN PRESS

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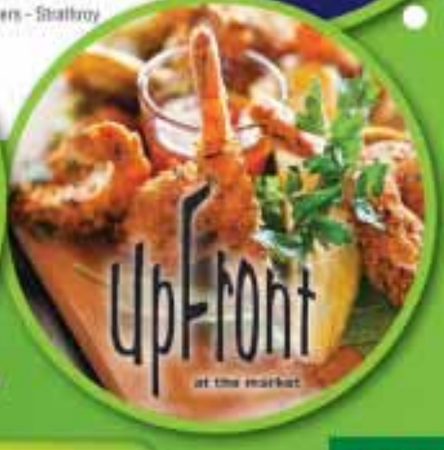

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at the market

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metro

TWO TINY, BEAUTIFUL BOOKS

JUST SAYIN'
Paul Sullivan
metronews.ca/voices/just-saying

Every once in a while, something wonderful this way comes.

In my case, that would be Cheryl Strayed, author of Wild, the New York Times bestseller that prompted Oprah to relaunch her book club.

Wild is a tour de force, a searing, soaring account of the author's 1,100-mile trek across the Pacific Crest Trail back in the '90s when she was recovering from the death of her mother, a broken marriage and, oh, a heroin addiction.

If you have time left to add one to your summer reading list, I'd recommend Wild.

If Wild was the only reason to celebrate Cheryl Strayed's gifts as a writer, that would be enough. But there's more. She is also the heart, mind and soul behind Dear Sugar, the greatest advice column ever. Dear Sugar is a regular feature of therumpus.net, an online culture magazine. Strayed revealed that she was the writer behind Dear Sugar in February, and in July, Tiny Beautiful Things, a collection of her best advice, was published.

So far, it has spent its entire published existence on the New York Times bestseller list.

I'm recommending that you read Wild but I'm pleading with you to read Tiny Beautiful Things. It should be required reading for every struggling soul on the planet, and as far as I know, that's all of us.

Here's a sample. It's in response to an advice-seeker who is jealous of the success of fellow authors, especially those who score six-figure deals with their publishers. I can relate to that. Cheryl's diagnosis: "Could it be possible that the reason you feel like you swallowed a spoonful of battery acid every time someone gets what you want is because a long time ago — way back in your own very beginnings — you were sold a bill of goods about the relationship between money and success, fame and authenticity, legitimacy and adulation?"

Oh.

And here's her antidote: "But the people who don't give up … they've taken into their hearts the idea that there is enough for all of us, that success will manifest itself in different ways for different sorts of artists, that keeping the faith is more important than cashing the cheque, that being genuinely happy for someone else who got something you hope to get makes you genuinely happier too."

Wish I'd said that, especially the part about keeping the faith is more important than cashing the cheque.

But I'm not jealous, because Cheryl gives way more than she gets. And despite her (almost) overnight fame, she still turns up at readings for free and tutors aspiring writers, although now that Reese Witherspoon has optioned Wild for some fabulous amount, it will be interesting to see if she can keep her feet on the ground.

Of course, she's pre-grounded. Trekking 1,100 miles through the Sierra Mountains lugging a 60-pound pack and wearing shoes that are too tight will do that to you.

Cheryl Strayed, author of Wild, the New York Times bestseller.
JONI KABANA/SUBMITTED

Knitting is child's play

NETPLAYWORKS/MASAKI KOIZUMI/REX FEATURES

Playful performance

Kids' playground knitted by artist

This crochet playground at the Takino Suzuran Hillside National Park in Sapporo, Japan, is made from thousands of pieces of nylon, created by hand over several months with a ton of yarn.

This is the brainchild of Japanese-born Toshiko Horiuchi MacAdam and her Canadian husband Charles MacAdam.

METRO

Artist's view

"We love how popular the playgrounds are. Sports are good for some people, but not every child. They should use their bodies and have fun."

Japanese-born artist Toshiko Horiuchi MacAdam

Origins of artwork

Kids climb, play and make art their own

After teaching textiles in the U.S. in the 1960s, Toshiko began exhibiting crochet art for museums. But when two children started playing on one of her pieces at a gallery in Japan, blissfully unaware of artwork etiquette, she watched nervously as they climbed into the structure, but was thrilled to find that her work suddenly came alive in ways she had never really anticipated. METRO

Guerrilla knit-wear

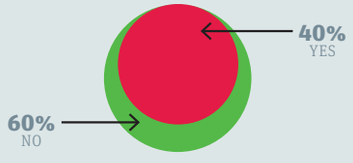
Today, crochet art goes like a bomb

Yarnbombing — covering objects in public spaces with knitted, crocheted material — has surged as a form of counter-culture art in recent years. Guerrilla artists worldwide boldly adorn famous urban structures and monuments with wool and now have their own International Yarnbombing Day, celebrated in June. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Does a new study saying egg yolks are almost as artery-clogging as smoking deter you from eating them?



Twitter

@juujuucav: I actually don't know who Anjulie is... :/ but o-week performer for #WesternU this year!

@_GraceJones: Going to miss #WesternU this year... good luck to all the Nursing students returning to school! :) #PurpleForever #Mustang

@LdnOnt_Blair: Why do mechanics feel the need to lecture you about your car when all you came in for was an oil change? #LdnOnt #JustLikeAParent

@sammiebajo: Anyone in #ldnont hiring?!

@Traceynola: I think I need to find a yoga studio that deals with injured knees from accidents. #LDNONT

@GrrregDavies: Seriously #ldnont, trains blocking downtown at rush hour again. Time for this small town to grow up!

metro
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Celebrity reading room

Oscar-winning thespian Emma Thompson has revived Beatrix Potter's mischievous bunny. The Further Tale of Peter Rabbit, published 110 years after Peter's first adventure, is out in September. Thompson is the latest in a lengthy line of stars who have hopped on the bright-eyed and bushy-tailed celeb children's lit bandwagon.

MIKE DOJC
scene@metronews.ca

Jay Leno: If Roast Beef Could Fly

The comedian churns a childhood memory into a breezy bedtime yarn that may leave tots salivating in their sleep over a giant hunk of juicy rotisserie meat. Leno's father is ready for his next project — a new patio, so they can throw an epic barbecue. The titular event occurs when Jay, mesmerized by the tasty revolving beef, jabs his plastic comb into it in a clumsy attempt to sneak a sample of the meat before mealtime. Jay's plan backfires when his comb gets stuck and melts. Papa Leno is forced to chuck the spoiled roast beef out the window to the delight of the dog. **Flavour:** "My Dad's side of the family is Italian. Every Sunday we have 400 pounds of meatballs, half a ton of spaghetti, a swimming pool's worth of sauce!"

Jimmy Buffet and Savannah Buffet: The Jolly Mon

The Cheeseburger in Paradise crooner teamed up with his daughter on this laid-back escapist odyssey. Based on the beach balladeer's ditty Jolly Mon Sing, the dreadlock-rocking protagonist is a singing fisherman from the fictional Caribbean island of Bananaland. He finds an enchanted guitar floating in the bay that comes with instructions to play music around the world. Along the way the hero encounters a nefarious band of pirates led by One-Eyed Rosy and a groovy dolphin who saves his life. The father-daughter tandem also authored Trouble Dolls, another folklore-filled romp. **Flavour:** "The Jolly Mon had never played a guitar before, but the moment his fingers touched the strings, he knew how to play."

Julianne Moore: Freckleface Strawberry

Teased for her dotted complexion, Freckleface Strawberry, a nickname the famous redhead herself was bullied with as a child, tries all sorts of ways to hide her freckles — from soap and makeup to more drastic measures. It's an inspiring modern take on The Ugly Duckling plotline, only instead of transforming into a swan, she learns to accept and love the skin she's in. Sequels Freckleface Strawberry and the Dodgeball Bully and Freckleface Strawberry: Best Friends Forever keep the life lessons flowing. The series was also adapted into a theatrical production, Freckleface the Musical. **Flavour:** "You have to meet the new girl. She wears a ski mask all the time."

Molly Shannon: Tilly the Trickster

The SNL alum's latest character is a squirrely little prankster, and everybody in her life, from family members and school chums to her teacher, are targets. Her sly antics continue unabated until the folks she plays tricks on the most often wise up and Tilly gets a taste of her own medicine. While filling cookies with toothpaste may not be as zany as Shannon's pratfalls as Mary Katherine Gallagher, four year olds seem to laugh just as hard. **Flavour:** "First, I grab a paper cup from the cupboard. Then I carefully poke a hole in the side of the cup with a pencil. If this ever-so-clever trick works, water will spill through the hole when Daddy tips the cup to take a drink."

Madonna: The English Roses

The first of Madge's kiddy tomes centres around a group of fashionable London schoolgirls who exclude a classmate from their sleepovers and other soirees — they are jealous of how pretty and perfect she seems. When a fairy Godmother gives the gals a glimpse into the ostracized girl's world they discover that her mother passed away and she does all the household chores. The Roses realize their folly and bring her into their circle of friends. Madonna's total transformation from material girl to moralizing momma is evident in her growing collection of lesson-laden storybooks. **Flavour:** "It all sounds so perfectly fun and nice. And in many ways, it was. But there was only one problem. They were all a little bit jealous of another girl in the neighbourhood."

Hollywood's unlikely go-to guy

Joseph Gordon-Levitt. This rising star has yet to settle into an easily defined persona

IN FOCUS
Richard Crouse
scene@metronews.ca

In Hollywood careers are built on images. While actors complain about being pigeon-holed, for many being synonymous with a genre has been the cornerstone of their careers.

Then there's Joseph Gordon-Levitt. He's quickly becoming one of Hollywood's go-to guys even though he has yet to settle into an easily defined persona.

He's been acting since age four, but the first time most of us saw him he was playing an ancient alien trapped in an adolescent's body on the sitcom Third Rock from the Sun. He left the show after six years and for a time made the kind of films you would expect a young sitcom star to make: 10 Things I Hate About You and the animated Treasure Planet.

Then things got interesting.

After a short break from the screen to study at Columbia University he vowed to "only make good films." What followed is an eclectic IMDB listing that includes everything from low-budget movies like Manic, to indie comedy 500 Days of Summer, to his blockbuster work with Christopher Nolan in Inception and The Dark Knight Rises.

In Mysterious Skin he wore blue contact lenses to play a child-abuse victim turned hustler. Roger Ebert wrote, "This is not an easy movie." And the Guardian called it a "disorienting hallucination of a film." Both praised his performance.

The Lookout sees him playing a man with a head injury: "The hardest thing I've ever done in my life," he said. While in Killshot, he's a wannabe assassin opposite Mickey Rourke.

It's these off-the-wall choices, mixed with more mainstream fare, that prompted the Philadelphia Inquirer to describe Gordon-Levitt as a "surprisingly formidable, and formidably surprising, leading man."

Joseph Gordon-Levitt. SUBMITTED

On the web

Taylor Swift to perform at VMAs, Fierce 5 U.S. Olympic gymnasts to present at awards show

Rome without Sublime: Musician's solo career

Rome Ramirez GETTY IMAGES

Ska-punk. Although summer tour all about Sublime, Rome Ramirez debuts album Dedication

LINDA LABAN
scene@metronews.ca

What's it going to be? Rome? Rome Ramirez? Rome Without Sublime? The latter-day singer for the So-Cal ska-punk veterans just released his solo debut, the Dedication EP, but what to call his new band?

"How about just The Incredibly Handsome Rome," Ramirez jokes. "(People will think) 'We need to check out this incredibly handsome boy!'"

He laughs before continuing more seriously.

"I have my best friends that I've grown up with playing music on stage with me in the band," he says of his solo project, which will likely be named Rome. "It's awesome: Now I get the chance to pass the torch down to my friends. It's the most beautiful gift to be able to offer someone an opportunity."

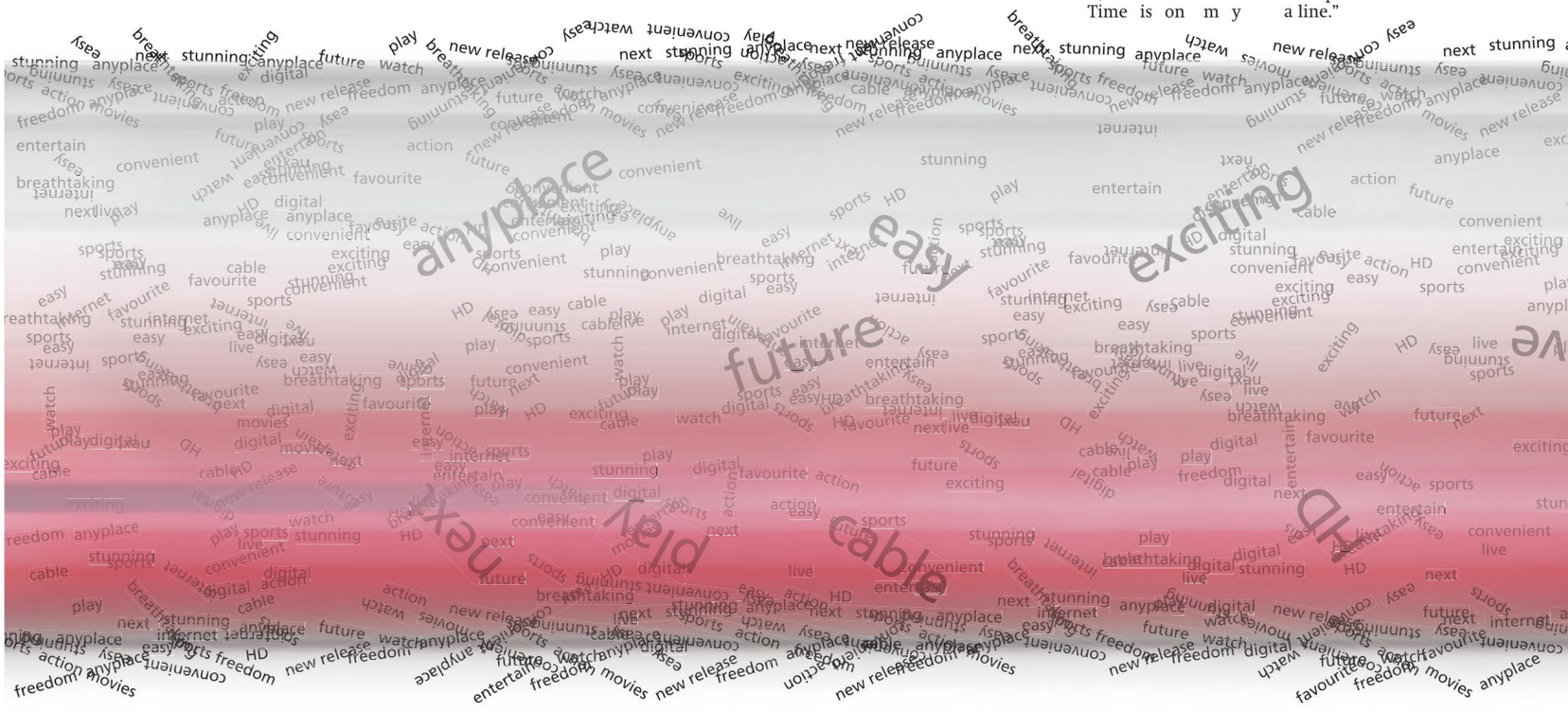
Ramirez will follow with a full-length record, but for now, he and Sublime co-founder, bassist Eric Wilson, are concentrating on promoting last year's Sublime with Rome debut album, Yours Truly.

Sublime's original drummer, Bud Gaugh, opted out after recording the album; Josh Freese (who has played with everyone from Guns N' Roses to Devo) is behind the kit for now.

"Sublime will always be my main priority," adds Ramirez. "I'll do my album around that. I don't want to rush this; it will be how I want it, when I want it. Time is on my side."

Rome won't roam too far this summer.

Rome's solo songs speak to the same sunny So-Cal grooves as Sublime's, so it's no wonder he fit easily into much-loved frontman Bradley Nowell's shoes. (Nowell died from a heroin overdose in 1996.) But the summer tour is all about Sublime: "I'd love for fans to love my music as much as they love Sublime's, but I do really want to keep the difference between (them) when the fans come out to see Sublime. I really do want to keep it separate and draw a line."



Fox returning to TV with comedy series on NBC

NBC has made it official: Michael J. Fox is coming back to series TV more than a decade after he left to concentrate on fighting Parkinson's disease.

His new comedy series, based loosely on his personal life, has a 22-episode commitment from NBC and is set to premiere in fall 2013, the network announced Monday.

The single-camera comedy, thus far untitled, will feature Fox as a husband and father of three from New York City who is dealing with family, career and challenges that include Parkinson's, the network said. No further casting was announced.

The executive producers and co-creators are Will Gluck (Easy A, Friends with Benefits) and Sam Laybourne (Cougar Town, Arrested Development), with Gluck producing through his Sony Television-based Olive Bridge Entertainment. He also will direct the pilot.

Fox first won stardom for his work as Alex Keaton on the hit comedy Family Ties, which began its seven-season run on NBC in 1982.

"To bring Michael J. Fox back to NBC is a supreme honour," said Robert Greenblatt, chairman of NBC Entertainment, "and we are thrilled that one of the great comedic television stars is coming home again."

He called Fox "utterly relatable, optimistic and in a class by himself."

The 51-year-old actor was diagnosed with Parkinson's disease in 1991. In 2000, he left his ABC comedy Spin City after four seasons, saying he intended to focus on helping find a cure for the disease.

He founded the Michael J. Fox Foundation, which is dedicated to finding a cure for sufferers of Parkinson's disease while promoting the development of improved therapies and raising public awareness of the disease.

Since then, he limited his acting appearances to guest shots on series including Rescue Me, Boston Legal, Curb Your Enthusiasm and The Good Wife.

But in May, he told ABC News that a new drug regimen has helped him control the tics that are a result of the disease and could allow him to take on more acting roles.

THE ASSOCIATED PRESS

Quoted

"I'm extremely pleased to be back at NBC with a great creative team and a great show."
Michael J. Fox

Michael J. Fox. GETTY IMAGES

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Nicki Minaj

American Idol targeting new judges

Time is running out for American Idol to fill up the judges' table for its 12th season, and producers are reportedly circling a couple of options for new talent.

According to the Associated Press, "a deal is in the works" for singer Nicki Minaj to come on-board, joining Mariah Carey, who was added to the lineup last month.

And a source tells People magazine that Enrique Iglesias is also in talks to join the reality singing competition. "Idol has expressed a lot of interest, but no final word on either side yet," the source says.

The Word

Ryan Lochte to hand out roses?

THE WORD
Monica Weymouth
scene@metronews.ca

With four years until he's due in Rio, Olympic swimmer Ryan Lochte is scoping out a side job in reality TV.

At the top of the list is The Bachelor, whose producers have been informed that they'll need to come up with at least $750,000 for such high-quality abs.

But even if they pay, Lochte may pass.

"Ryan is acutely aware that he has to attach himself to the right projects and endorsements that won't do damage to his all-American image," a source tells RadarOnline.

"As much as he'd like to do it, Ryan does have some reservations about The Bachelor because he wouldn't have any control on how he is portrayed on the show."

Ryan, at this point there's nothing more American than compromising your reputation, marriage and career in the name of fleeting fame. Consider this our blessing.

Liberty Ross and Rupert Sanders

Liberty Ross spreads wings in blog post

Rupert Sanders' wife, Liberty Ross, is trying to send a message with her latest blog post for Vogue UK, but it's not entirely clear what that message is. Ross — who hasn't updated the blog since news broke of Sanders' affair with actress Kristen Stewart — published an image of an eagle with its wings spread under the title "Liberty," prompting many to speculate she's leaving Sanders. New York magazine insists the image "is meant to be a statement of freedom and independence," and commenters on Ross' blog seem to be taking it that way as well.

Twitter

@RedHourBen
Tony Scott made so many movies that influenced so many others. A genre to himself. A real loss. He entertained so many people.

@DebbieReynolds1
The world is a sadder place for all of us who love to laugh. I love Phyllis Diller. Comedy will never be the same and neither will I.

@JohnStamos
hate it when my stand-in is younger and better looking than me.

@Joan_Rivers
Hand specialists say one of the most common ailments they treat is "texting thumb." In showbiz it has to be "flipping-off middle finger."

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5 travel personalities

Planning a vacation is exciting, and made even more thrilling when you're going with someone special. Except it doesn't always work out perfectly. When it comes to packing and jumping on a plane, everyone has their own travel personality. Here's how to handle some of them.

MAE GIFFORD
life@metronews.ca

1 The over planner

You're in Paris and they're intent on touring the Louvre, Arc de Triomphe and Eiffel Tower by noon on the first day. Keep up at this panicked rate and you're bound to see the entire City of Lights in record time, but won't remember any of it. Suggest one afternoon of people watching in a public square over a carafe of French wine. Their shoulders will drop in no time.

2 The obvious tourist

Money belt? Check. Canadian flag in plain sight so no one confuses you with an American? Check. Comfortable New Balance walking shoes and socks that reach mid-calf? Check. Canadian tourists stick out like sore thumbs and it's not just embarrassing, it can also put you at risk for pickpocketing or schemers. The simple rule is to dress on vacation like you normally would. But if your wardrobe includes any of the above items, you can't be helped.

3 The person who hates travelling

They haven't travelled in years but somehow you convinced them to come on your dream cruise. Big mistake. They hate sleeping in a strange bed, new scenery, food, water and boats. Instead of throwing them overboard, try to compromise on activities you'll both enjoy. Joining them in the casino for a few hours (gag!) may translate into you getting the most out of your trip with fewer complaints.

4 The embarrassing keener

Armed with their Lonely Planet guidebook, which they studied for months, this friend will regurgitate every iota of information they know at each attraction you visit. Even better, they're hell-bent on speaking the language, which typically includes them shout-sputtering random words at locals. Nip this annoying behaviour in the bud by suggesting they'll get much more out of the experience if they don't have their nose stuck in a book the entire time. If all else fails, accidentally "lose" it.

5 The under planner

They had no opinion on which country to see and now that you've landed, they're just along for the ride. Instead of getting frustrated at their lackadaisical attitude toward travel, embrace it! This is your opportunity to design the trip you've always wanted without any complaining. This type of personality can be convinced to do anything, so be as busy or relaxed as you like. The best part is that they're going to love the trip because they had no expectations.

On the web

Fogo Island Inn and art gallery aim high with luxury rooms on the wild Atlantic.

Tiger shrimp, pesto and grilled corn: An unlikely — but tasty — salad trio

ROSE REISMAN
for more, visit
rosereisman.com

Tiger shrimp are quite affordable today compared to what they cost a few years ago. If you can't find them, you can use smaller shrimp. Using a spinach pesto is a good example of how you can use different ingredients to make variations on classic basil pesto. If you don't have fresh corn, sauté 2 cups canned or frozen corn until lightly charred.

1. Salad: Lightly coat cobs of corn with cooking spray and grill on barbecue 5 minutes or until charred, turning to avoid burning. Alternatively, bake corn in an oven preheated to 450 F for 5 minutes, also turning to prevent burning. Let corn cool slightly and cut kernels off cob with sharp knife. Place in a bowl along with red pepper, red onion, garlic, jalapeño, cider vinegar, olive oil, honey (if using), fresh basil, salt and pepper. Toss to combine.

Ingredients

- 1 lb large shrimp, peeled and deveined
- 1/4 cup store-bought pesto

Salad

- 3 fresh cobs of corn
- 1/2 cup diced roasted red pepper (about 1 small roasted red pepper)
- 1/2 cup diced red onion
- 1 tsp chopped garlic
- 1 1/2 tsp chopped jalapeño pepper
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil
- 1/2 tsp honey (optional)
- 1/2 cup chopped fresh basil
- pinch of salt and pepper

2. Lightly coat a nonstick skillet or grill pan with cooking spray and set over medium high heat. Add shrimp and sauté until just pink, about 3 minutes.

3. Place the corn salad on a serving plate, top with shrimp and garnish with pesto.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Tiger Shrimp with Pesto and Grilled Corn Salad

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Drink of the Week

Coconut-Lemonade Slushies

Slushies are one of the tastiest ways to cool down during the summer. Here, the classic taste of lemonade meets the refreshing flavour of coconut.

- 3 cups lightly crushed ice
- 1 cup water
- 1/2 cup lemon juice
- 1/2 cup sweetened cream of coconut
- 1/4 cup agave syrup or honey
- 1 tsp vanilla extract
- Pinch salt

Combine all ingredients in a blender. Purée until smooth. You may need to stop the blender once or twice and stir the ingredients in order to keep them moving in the blender. Serve immediately.

THE ASSOCIATED PRES

Easy summertime steaming with Grilled Fiesta Shrimp

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

When we think of steaming, we generally think stovetop cooking. And during the heat of summer, that can make this very healthy form of cooking seem very unappealing.

But the folks at Cooking Light magazine have come up with a simple way to enjoy a delicious steamed dinner without the fuss (or heat) of indoor cooking.

For this deliciously spicy shrimp, black bean and corn dish, they use the grill to get the job done. The results are quick and easy, and you don't need to heat up your kitchen.

The trick is using heavy duty foil to create a packet in which to cook the food on the grill. By crimping the edges of the packet, the liquid in the food stays inside, turning to steam and cooking the food quickly, while also keeping it moist.

And this same technique works on other seafood (scallops and haddock would be delicious), as well as chicken.

1. Heat grill to medium-high.

2. Arrange the shrimp in the centre of a large piece of heavy duty foil. Drizzle the oil over the shrimp, then sprinkle it with 1 teaspoon of the Creole seasoning. Toss to coat. Top the shrimp with the cheese, corn, cilantro and beans. Sprinkle the remaining teaspoon of Creole seasoning over everything. Fold the opposite ends of foil together over the ingredients to form a loose bundle. Crimp to seal.

3. Place the foil packet on the grill. Cover and cook for 10 minutes, or until the shrimp are done. Serve over hot cooked rice. THE ASSOCIATED PRESS/ COOKING LIGHT WAY TO COOK: GRILLING, OXMOOR HOUSE, 2012

Ingredients

- 2 lbs raw peeled large shrimp
- 1 tbsp olive oil
- 2 tsp Creole seasoning, divided
- 1/2 cup (2 oz) shredded Mexican-blend cheese or cheddar cheese
- 1/2 cup canned whole-kernel corn with sweet peppers, drained
- 3 tbsp chopped fresh cilantro
- 15-oz can black beans, rinsed and drained
- 4 cups cooked long-grain rice, hot

Crispy Garlic Shrimp Skewers. Easy entertaining

1. Heat oven to 475 F. Blend 3 tablespoons olive oil, 1 tablespoon lemon juice and garlic in small bowl. Add shrimp and toss to coat; set aside. Blend remaining 3 tablespoons olive oil, 1 tablespoon lemon juice, dill, lemon peel and salt in bowl. Set aside.

2. Mix bread crumbs and cheese on waxed paper; dredge shrimp to coat evenly. Place in single layer on baking sheet. Bake 8 to 12 minutes or until light golden and thoroughly cooked. Gently loosen shrimp from baking sheet. Cool 1 to 2 minutes.

3. Thread a single shrimp, olive, tomato and cucumber piece on each skewer. Serve immediately drizzled with olive oil mixture.

NEWS CANADA

Ingredients

- 6 tbsp extra virgin olive, divided
- 2 tbsp fresh lemon juice
- 1 egg white
- 2 large cloves garlic, minced
- 32 raw medium shrimp, shelled and deveined
- 1 tsp finely chopped fresh dill or parsley
- 1/2 tsp grated lemon peel
- Dash salt, optional
- 1/3 cup finely shredded Pecorino or Parmesan cheese
- 3/4 cup Panko bread crumbs
- 16 pitted large green olives
- 16 pitted large ripe olives
- 32 grape tomatoes
- 1/2 medium cucumber, sliced lengthwise and cut into 32 pieces
- 32 (4 to 6-inch) appetizer skewers

Giving your child guidance on their first day of school

The next step. Helping your kid become familiar with their new environment will make the transition smoother for both child and parent

LINDA CLARKE
Metro New York

The first day at school isn't what it used to be. These days, by the time most children start formal education they're relatively comfortable with separation from the home and parent, says Jayne Singer, the clinical director of the Child and Parent Program at Boston Children's Hospital.

"Children who have had high-quality day care or preschool make a better transition to school both emotionally and socially," she says.

Still, even leaving a private play-based preschool to go to a public school is a big transition, but there's a lot parents can do to ease a child's stress with any environmental change. When it comes to easing anxiety, familiarity breeds comfort.

"Give the child guidance; show them pictures of their new classroom or school. A lot of schools have the good sense to hold open-houses or have a welcome visit. Visit the school, visit the playground. Show them the classroom and where they will play. The sense of familiarity will ease anxiety."

"Also," adds Singer, "younger children do well with concrete reminders about the passage of time. Get a calendar and mark off the days until school starts. Turn it into a craft project. Say, make a flower and add a petal for each day."

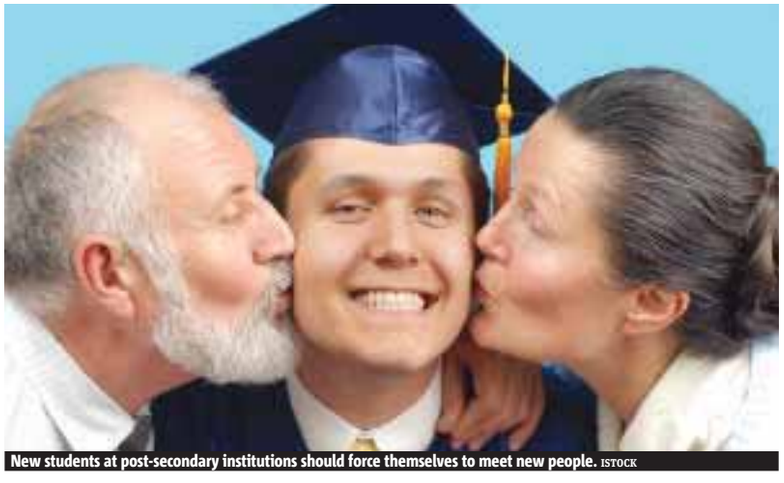
One thing parents should watch for is transferring their anxiety. "Parents shouldn't assume a child is anxious or feels separation. Don't ask, 'Are you scared?' Let the child bring it up and if they do, say, 'Of course you are. I feel nervous when I do something new.'"

Parents should also get ready in advance

"Have a conversation with personnel at the school so you are prepared for the environment," says Singer.

"The more parents know about the school, the more authentic they are in offering guidance to the child. Tell your child they will have a chance to play, they will have a place to draw and paint. Give them concrete examples of what is there. Give them a vision of the classroom as a kind and supportive place."

A child's first day at school can be much easier if they have a good idea of what they're walking into. ISTOCK


New students at post-secondary institutions should force themselves to meet new people. ISTOCK

Teen transition. How best to handle the post-secondary social shift

One of the major transitions many young adults make is the shift from high school to college life. Gone are the comforts of home, the security of past friendships and a routine existence. Instead, the college experience puts new students in an entirely new social setting with unrestrained freedom. This monumental change in lifestyle is one that may make some incoming students nervous.

"I would say, first and foremost, there's anxiety. There's fear," says mental health counsellor Kelly Shanley. "There's also the very positive emotions – happiness, joy, excitement, anticipation of being independent for the first time."

"With everything being online nowadays, I think people find – before they even get to the school because they're already on Facebook – that they'll go on and just become friends with people that are similar ages and similar backgrounds, whatever their majors are."

However, Shanley warns that too much of a good thing exists if digital friendships overshadow interpersonal relationships. This is especially true in the first few weeks, when most people don't have established friendships and it's perfectly fine to introduce yourself and be friendly to as many people as possible. Shanley says that once students are on campus, getting out and meeting people is critical to social development. She also adds that early on, colleges aim to promote these interactions.

METRO

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Finding a career that you love is not a strait path from point A to point B. It is a process of assessment, exploration and pursuit.

Assess
In your first and second year, in particular, you should be focussing on discovering your interests, skills, values and personality.

Book an appointment with a career counsellor Ask about doing some personality and career assessments that will start to give you some ideas of career direction

Take a look at your aptitudes Consider your natural talents and things you are good at.

We sometimes assume something that comes easily to us comes easily for everyone, but this is usually not the case. Ask friends and family who know you to suggest some areas they see you succeeding at or having natural abilities in.

Book an appointment with an academic counsellor
For those of you in your first year you are going to need to start thinking about degree options and what you want to major in. Get some help with this process. An academic counsellor can advise you of your options and guide you to resources that will aid in making the decision.

Explore
At each stage of your degree you should be looking for opportunities to get involved and explore your interests and options, and build your resumé.

Get involved in campus clubs and organizations or volunteer in the community
This is a great way to meet new people and to build your hands-on experience. Taking on a leadership position with a club or volunteering with a not-for-profit agency can help you with your project or event management, leadership and interpersonal, communication and organizational skills, just to name a few. These experiences will help you to get an understanding of different types of work and what elements of it you enjoy.

Participate in career development workshops Every campus organizes dozens of workshops each year that can help you develop your resumé, cover letters, interview prep, networking strategies, etc. Check with your career centre for dates, times and locations.

Attend career fairs Regardless of whether you are at the point where you are looking for a job, attending a career fair will give you an idea of what companies are out there and who is hiring for what types of jobs.

Pursue
As you move closer to graduation it is time to start pursuing your goals.

Review, revise and tailor your resumé and cover letter The more time that you invest in preparing impressive documents and tailoring them to specific companies and jobs, the more likely you are to have success. Attend a drop-in session or set up a one-on-one appointment to review your resumé and cover letter.

Network, network, network.
This is often the hardest task and yet is the most likely by far to result in you finding employment. Like dating, you need to just get out there and do it. Meet as many people as you can, be considerate, polite, and respectful and you are sure to see the results. Check out your career centre for workshops and resources on successful networking.

CLARE TATTERSALL IS THE MANAGER OF CAREER DEVELOPMENT AND COMMUNITY BASED LEARNING AT HURON UNIVERSITY COLLEGE AT WESTERN UNIVERSITY IN LONDON, ONT.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Understand your values

The last place you want to be is in a career that does not line up with your personal beliefs and priorities. Some questions you may want to consider:

- Do you value security and consistency, or variety and risk-taking in your work environment?
- Is social interaction and being part of a group, or independence and autonomy important to you?
- Do you value achievement and recognition, or being "behind the scenes"?
- Is your work environment, pace, and/or location important to you?

Student Voice

Take matters in to your own hands

Nneka Atto
Graduate, 2010, Bachelor of Arts in Health and Society, York University
TalentEgg.ca

It first started with not getting into teacher's college a couple of years ago. Growing up, I loved working with children, and although my career goals changed quite often, I had always kept children at the forefront. So naturally, I decided to become a kindergarten teacher. However, that didn't work out as I had originally planned.

"No worries!" I thought. "I'll just apply for a job, work for a year to get some experience, then apply to a post-graduate program."

But that didn't work out very well either. Like many graduates, I left university with high hopes, thinking that my degree was an instant ticket to a job. What I wasn't aware of was the fact that employers required, not only a degree or diploma, but years of work experience as well. My professors and career centre — though wonderful — didn't prepare me for what existed beyond the lecture hall.

I decided to change my approach: if no one is going to hire me, then I'll just hire myself. And that's when everything changed.

I began to research entrepreneurship and the notion of creating my own opportunities. When you work for yourself, you know that every minute that you're putting into your work is for you. If you're doing something that brings you joy, then that just makes it all the more worthwhile.

Where I am now
Ironically, I just got offered a part-time position as an assistant kindergarten teacher (isn't life funny?). What's even more ironic is the fact that, if I hadn't pursued a career as a singer and aspiring author, I might not have gotten the job. Just to sum it up: I created my own career, and I'm making a living as a visual artist, singer and author under the pseudonym Joshua Vegas, while working part-time as an assistant teacher.

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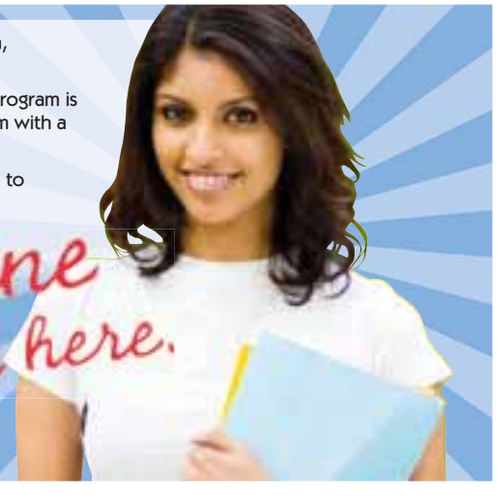

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NFL

Injury bug nipping at Vick's heels

Michael Vick has required four medical tests and completed four passes in the Philadelphia Eagles' first two pre-season games.

That is an ominous sign for the Philadelphia Eagles.

Vick left Monday night's win at New England after injuring his ribs on his sixth play.

X-rays on Vick's ribs at the stadium were negative, and an MRI and CT scan on Tuesday revealed he has no broken bones or fractured cartilage.

THE ASSOCIATED PRESS

Michael Vick takes a knee during Monday's game. GETTY IMAGES FILE

MLB

Jays' Lawrie back on shelf with abdominal pain

Toronto third baseman Brett Lawrie has stopped his rehab for a right oblique injury after feeling sore when he woke up on Tuesday.

Manager John Farrell said Lawrie, who has been on the disabled list since Aug. 4, isn't yet at a point where he might need to be shut down for the season.

Farrell also said right-hander Brandon Morrow, who hasn't pitched since June 11 because of a left oblique injury, likely will start Saturday at Baltimore.

THE ASSOCIATED PRESS

NHLPA executive director Donald Fehr speaks to reporters at the Delta Grand Hotel on Tuesday in Kelowna, B.C. GARY NYLANDER/THE CANADIAN PRESS/KELOWNA DAILY COURIER

Still looking for a 'jumping off point'

NHL. League, players' union to focus on core economic issues during this week's labour talks

Critical week

Talks are tentatively scheduled for the next two weeks in New York so there is plenty of room for continued dialogue if the parties can start getting on the same page in the coming days.

- The tone of this week's talks should offer a good indication of whether that will happen in time for a deal to be reached before Sept. 15.

Where do we go from here?

As the NHL and NHL Players' Association resume collective bargaining talks, that is the question they're both seeking to answer.

The sides stepped away from negotiations last week with competing bids on the table and no clear road ahead. They spoke again over the weekend and agreed to devote sessions Wednesday and Thursday entirely to core economic issues — the area where the parties seem to have the most ground to make up.

"We are hoping that our meetings this week can serve as a jumping off point for further discussion and negotiation over the critical economic and system issues that we need to resolve in order to reach an agreement," NHL deputy commissioner Bill Daly said Tuesday in an email.

Essentially, it's time to see how much each side is willing to move off its current position, if at all.

While a significant gap exists between the two proposals when it comes to the amount of money available to players, there is some common ground. The union's decision to keep a hard salary cap in place was an important step and its willingness to accept less than 57 per cent of revenues — for three years, anyway — seemed to indicate it was trying to work with the NHL.

"We thought it was a compromise," Donald Fehr, the NHLPA's executive director, told reporters last week.

Even though commissioner Gary Bettman offered a cold response to the union's offer it was a step in the right direction. Are the players willing to go even further? How far will the league move off its proposal, which called for new contract restrictions and player salaries based on 43 per cent of revenue?

The sides are operating in the shadow of a Sept. 15 deadline, when the current CBA is set to expire and the NHL has said players will be locked out.

THE CANADIAN PRESS

MLB. Phillies go ahead with Pence bobblehead despite trade to Giants

Here's an instant collector's item: A Hunter Pence bobblehead in a Philadelphia Phillies uniform.

Despite having traded the two-time all-star right-fielder to San Francisco on July 31, the Phillies gave out the Pence dolls to fans attending Tuesday night's game against Cincinnati.

The bobbleheads were made before the season, so the team decided not to waste them.

Pence signed off on the idea and thanked fans in a note stuffed inside the box.

"Thanks, Phillies fans, for the great memories," Pence's message reads. "I'm glad my Bobble Figurine will still be given out even though I'm no longer in Philadelphia."

Hunter Pence with the Giants on Aug. 1. GETTY IMAGES FILE

THE ASSOCIATED PRESS

MLB

Players' union head expected to stay on job while dealing with brain tumour

Baseball players' union head Michael Weiner is undergoing treatment for a brain tumour.

He began treatment Monday, and the union said Tuesday that treatments are expected to last about one month. The union also anticipates he will continue to work from its New York office on a daily basis during the treatments.

Weiner, 50, succeeded Donald Fehr in 2009 to become just the fourth head of the union since 1966.

THE ASSOCIATED PRESS

Hockey. Ex-NHL bruiser Laraque named head of CHL players' union

Georges Laraque has been hired as executive director of the fledgling Canadian Hockey League Players' Association.

The former NHL tough guy announced on his Twitter account that he was "proud" to accept the role Tuesday.

Specific details about how the CHLPA — which would represent major junior players in Canada — will function have yet to be formally announced.

CHL president Dave Branch told The Canadian Press on Tuesday night that he had yet to be contacted by a union representative.

Laraque spent three years in the Quebec Major Junior Hockey League before moving on to an NHL career that spanned 695 games and ended in 2010.

Georges Laraque
TORSTAR NEWS SERVICE FILE

THE CANADIAN PRESS

4 SPORTS

Mobile sports

The first African team to play in the Little League World Series will not head home empty handed. Ugandan team Lugazi eked out a 3-2 win over Gresham, Ore., in a consolation game on Tuesday to improve its series record to 1-2. Scan the code for the story.

Astros scout Clemens

- The Houston Astros sent a scout to check out Roger Clemens.
- General manager Jeff Luhnow said Tuesday the Astros also scouted lefty Scott Kazmir, now Clemens' teammate.
- Luhnow said he wasn't sure whether Clemens was trying to make it back to the big leagues or just wanted to keep pitching.
- Interim Astros manager Tony DeFrancesco managed Clemens' son Koby in Triple-A Oklahoma City last season and said he believes that Clemens is serious about making it back to the majors.

Clemens says he just wants to have fun

Baseball. Fifty-year-old right-hander insists his current focus isn't on major-league comeback

Roger Clemens holds up his Skeeters jersey on Tuesday in Sugar Land, Texas.
DAVID J. PHILLIP/THE ASSOCIATED PRESS

Hours after Roger Clemens agreed to join the Sugar Land Skeeters, he was back on the field playing in an over-50 softball league.

And the ultra-competitive Clemens, now a half-century old, was quick to point out just how well he did against that group of geezers.

"I hit two homers, by the way," he said.

Things will be a bit tougher on Saturday when he is scheduled to start for the independent Atlantic League team in Sugar Land, Texas, against Bridgeport. The right-hander agreed to play for the team on Monday and was introduced on Tuesday.

The seven-time Cy Young Award winner played down a possible MLB return, conceding he's nowhere near big league pitching shape.

"I'm 50 years old. We're just going to go out and have fun with this and make it fun for the fans," said Clemens.

"I've been to the major leagues and back a couple of times. I've retired and unretired, so I wouldn't consider thinking that far ahead."

Clemens isn't committing to more than one game with the Skeeters, saying he wants to see how Saturday goes first.

Clemens was accused by former personal trainer Brian McNamee in the Mitchell Report on drugs in baseball of using steroids and HGH, allegations Clemens denied before Congress. The Justice Department began an investigation into whether Clemens had lied under oath. In 2010 a grand jury indicted him on two counts of perjury, three counts of making false statements and one count of obstructing Congress.

He was acquitted of the charges June 19.

THE ASSOCIATED PRESS

BHi OUTDOOR BALL HOCKEY LEAGUE SUMMER PLAYOFFS BHi

B DIVISION

FTB defeats THROWBACKS
Game 1 1 - 0
Game 2 2 - 1

CHAMPIONSHIP SERIES
ABUSEMENT PARK vs FTB
(best 2 out 3)

C DIVISION

OUT OF GAS defeats TEAM TV
Game 1 8 - 2
Game 2 3 - 1

REBELS defeats FUGAZI
Game 1 5 - 1
Game 2 1 - 0

SEMI FINALS SERIES
OUT OF GAS vs REBELS
WOLFPACK vs ACE HOLES

YOUTH STARS OF THE WEEK
1 NOAH TOOKE - EAGLES 3 GOALS, 5 ASSISTS
2 JACOB BERDAN - EAGLES 3 GOALS, 3 ASSISTS
3 JOHN SHORE - VULTURES 2 GOALS

MEN'S STARS OF THE WEEK
1 BRENDEN RIDDELL - OUT OF GAS 2 GOALS, 1 ASSIST
2 JORDAN EDWARDS - ACE HOLES 2 GOALS
3 JOSH OLIVEIRA - FTB 1 GOAL

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Engine

The hybrid features a 156-horsepower 2.5-litre four-cylinder engine that co-ordinates with a 141-horsepower electric motor for a combined 200 horsepower. That's up from the 2011 Camry's total of 187 horses, but a weight reduction of about 115 kilograms helped give the hybrid plenty of uphill and passing prowess.

2012 Toyota Camry Hybrid

- **Type.** Four-door, front-wheel-drive mid-size sedan.
- **Engine (hp):** 2.5-litre DOHC I4 with electric motor (200, combined).
- **Mileage:** L/100 km (city/hwy) 4.4/4.9.
- **Base Price (incl. destination):** $28,600.

Stretch-out room

The Camry hybrid's true strength, especially on long trips, is providing plenty of comfortable stretch-out room for front and rear-seat passengers alike. It's like getting mid-size accommodations, but with the fuel consumption of a compact car.

A minor drawback is the 13 per cent reduction in trunk volume when compared to gasoline-only Camry, which isn't overly generous to begin with. With an on-the-road starting price of $28,600 for the LE model, its only about $1,000 pricier than the smaller and more sluggish Prius.

That makes the Camry hybrid a family-friendly fuel saver without equal.

There's less trunk space in the hybrid than the standard Camry.

Review. Camrys are known for their spaciousness, but the Hybrid adds low-fuel consumption to the package

MALCOLM GUNN
Wheelbase Media

Cutting fuel consumption is only one of this Camry's many tricks, as a week of city and highway travel reveals.

Not with a bang but a whimper is how T.S. Eliot's poem The Hollow Men concludes. That also pretty much describes how Toyota's latest Camry Hybrid starts up.

Pressing the hybrid's "ON" button initially produces nary a sound, but does cause the dashboard gauge pods and control panel to glow.

But wait a few seconds and the gasoline engine portion of the duo gently comes to life as a reminder that it too is an integral part of the powertrain.

Studying the intricacies and idiosyncrasies of the Camry Hybrid involved a 3,000-kilometre excursion across a variety of city and country thoroughfares. From the outset, the idea was to drive the Camry as if it were any gasoline-powered vehicle.

On the highway the general flow of traffic was matched, which usually meant driving 15-25 km/h above the posted limits, with occasional passing bursts above that range.

When all was said and done, the Camry hybrid performed admirably. Average real-world fuel economy remained consistently in the 6.7-7.1 l/100 km range in combined city/highway driving. That's nowhere near Transport Canada's unrealistic claim of 4.7, but it's still pretty decent given the hot weather and use of A/C, load factor and exuberant driving circumstances.

The Camry hybrid is a competent piece of eco-hardware and without question is a cut or two above the first-gen model.

The hybrid interior adds a few buttons and extra gauges to track consumption, but otherwise it's just like a regular Camry. More lower back support would be appreciated.

Here's a front-view look at the Camry Hybrid.

By comparison

1 Ford Fusion hybrid
Base price: $35,000 (est.)

2 Kia Optima
Base price: $32,200

3 Chevrolet Malibu Eco
Base price: $28,000, est.

On the Web

Scan code for more car reviews and news

Driver training best left to non-parents

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

You can never start not listening to your father too early. Amelia Goetz, around 1 1/2 years old, behind the wheel of her father's Jaguar and not looking at all where she's driving. CONTRIBUTED

Sixteen candles light up Amelia's birthday cake. They also produce an invisible cloud of angst, which settles nicely in her father's psyche.

Looming directly ahead: The Year Amelia Learns to Drive.

The father is an automotive journalist, and more than familiar with the statistics, which show teenage drivers are particularly good at crashing.

Young people like to travel in packs. Net result: A motor vehicle accident is the leading cause of death for people 15-24 years of age (Statistics Canada). That group had 2,247 total deaths in 2007 — 703 were due to motor vehicle accidents.

His line of business has also made him ruminate quite a bit on how one should go about driving a motor vehicle. Family members have even mentioned, on several occasions, that he might ruminate about such matters a bit too much. So he wonders if he might be too harsh a critic for a burgeoning driver, and for one he is already holding his breath for…

He also understands that maybe he knows the student too well. He cannot forget, for instance, all the absent-minded manoeuvres and poor decision-making she displayed when she was four.

The father also remembers how he was taught to drive by his own father — a generally successful endeavour, punctuated by a memorable blow-up that made suppers awkward for several weeks later, until respective tempers cooled down. The student at the time always thought that a professional instructor would not have gotten quite that angry at him for "almost" driving into a big fence post. (Though time has seen that student sympathize a bit more with his old man, and that man's feelings for his prized, brand-new 1973 Plymouth Fury II.)

All this made the current father wonder if he was the right man for the job.

It was always the family's plan to get Amelia into a professional driving course at some point. What harm would it do, for the father to first teach her some basics?

So when Amelia recently obtained her beginner's licence (known as G1 in Ontario), and requested a first lesson from her father, the father said "OK."

While Amelia meandered around the Loblaws' parking lot somewhat inconsistently, the father forced himself to be especially calm, encouraging, and instructive. He took solace in the fact that this particular student always came through in the end, always took responsibility, and could already do many clever things. He took pains not to instruct too much. He thought things went well.

Funny then, that Amelia remembers it differently. She remembers her father being too tense and nervous, too wordy, and too critical. It was an environment, she says, not at all conducive to learning a difficult task.

Driver training is best left to the professionals — they know their stuff, and they're not the parents.

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Century-old technology helps current hybrids

The Toyota Prius C uses the Atkinson cycle. JIL MCINTOSH/FOR METRO

Driving Force.
Atkinson cycles decrease power in engines, but increase fuel efficiency

JIL
MCINTOSH
drive@metronews.ca

It's been said that "everything old is new again." That's definitely the case with the Atkinson cycle engine, which is used on several hybrid vehicles, including the Toyota Prius. This modern technology is based on a system devised by James Atkinson back in the 1880s.

"You're drawing more energy out of the gasoline," says John-Paul Farag, manager of advanced technology and powertrain at Toyota Canada. "There's no extra maintenance, and it doesn't feel any different, but it's a different way of timing the valves to squeeze more power out of the fuel."

Engines contain pistons, which move up and down to turn a large central crankshaft that eventually powers the wheels, much the same way that your legs go up and down to pedal a bicycle. The pistons are powered by gasoline, and the length of their movement is called the stroke. Each piston makes four strokes per cycle: drawing in gasoline vapour, compressing it, providing the power, and then pushing out the exhaust. By adjusting the opening and closing of the valves that let in the gasoline, engineers can adjust the length of each stroke. In an Atkinson cycle, the piston strokes are manipulated to be as fuel-efficient as possible. This means the engine isn't as powerful, which is why the Atkinson cycle isn't used in regular vehicles.

"What we're trying to achieve is a much more efficient cycle, but the drawback is at the expense of power," Farag says. "It's ideal for hybrids, because they have electric motors to compensate."

When more power is needed, such as for acceleration — power that a regular Atkinson cycle engine wouldn't be able to provide on its own — the hybrid's electric motor runs in conjunction with the gasoline engine to give the driver what's needed. While hybrids traditionally get their best mileage in the city, the Atkinson cycle also allows them to achieve excellent fuel economy on the highway, since the electric motor and gasoline engine work together.

Atkinson cycle facts

- Every new Toyota and Lexus hybrid uses the Atkinson cycle, to increase its fuel efficiency.
- Older Atkinson cycle engines used mechanical methods to adjust the stroke, but modern engines use electronics.

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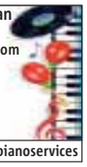

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Horoscopes

♈ Aries
March 21 - April 20
If you look at the big picture today while leaving the details to other people, you will come unstuck. One detail in particular, if neglected, could cause you all sorts of problems, especially at work.

♉ Taurus
April 21 - May 21
You may be generous by nature but there are times when you need to do less for others and more for yourself, and this is one of them. What is it you most desire? Go out and get it today.

♊ Gemini
May 22 - June 21
The Sun's move into one of the more emotional areas of your chart will show you how you have been neglecting family and loved ones. It's not too late to do something about it but start now.

♋ Cancer
June 22 - July 23
If you are bored with the same old places and the same old faces, why not get up and get on the move? If you think about it, there is nothing to hold you back — though that won't stop some people from trying.

♌ Leo
July 24 - Aug. 23
The Sun moves into the money area of your chart today, so you need to pay attention to your spending habits. If you have been living beyond your means then cutbacks have to be made. No, not later — right now!

♍ Virgo
Aug. 24 - Sept. 23
A new solar year begins today and already you can sense that it will be a special one. Never mind about all those promises you made and never lived up to — dare to dream and your dreams will come true.

♎ Libra
Sept. 24 - Oct. 23
You may not have achieved as much as you wanted to by this stage of the year but don't feel bad about it because there is still time to make a difference. You have so much to look forward to, so smile.

♏ Scorpio
Oct. 24 - Nov. 22
Anyone who thinks you are too cautious will be surprised by the things you get up to over the next few days. You have the planets' permission to, if not break the rules exactly, to at least bend them a little.

♐ Sagittarius
Nov. 23 - Dec. 21
You won't be content with minor victories today — you want to show the world that you are the best at what you do. Ambition is a wonderful thing, but do you have self-knowledge to go with it?

♑ Capricorn
Dec. 22 - Jan. 20
The Sun's move into your fellow Earth sign of Virgo marks the start of a four-week phase when most things will go right for you. Does that mean you should take a few more chances? Yes it does.

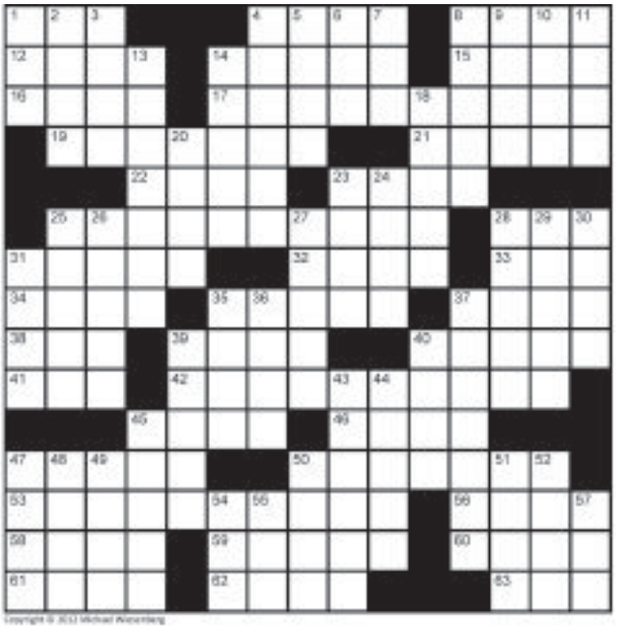
♒ Aquarius
Jan. 21 - Feb. 19
As an Aquarian you are used to the ups and downs of life but even you need a safe and stable place to rest once in a while. If you haven't got such a place you need to start making one now.

♓ Pisces
Feb. 20 - March 20
The Sun in Virgo over the next few weeks will bring partnership issues to a head and that's good. There can be no more running away from your emotions — you have got to share your feelings with the world.

SALLY BROMPTON

Crossword: Famous Canadians

BY MICHAEL WIESENBERG



Across
1. ___ Paulo, Brazil
4. Altar end of a church
8. Operatic solo
12. A tbsp. contains three
14. Snooped
15. Throw away
16. Perhaps the most common word heard in early Beatles songs
17. Sudbury, Ontario-born *Jeopardy!* host (2 wds.)
19. Applauded
21. Lets up
22. Come ___ end: conclude (2 wds.)
23. Ball-shaped cheese
25. Art ___: Moose Jaw, Saskatchewan-born *House Party* and *People Are Funny* host
28. "Do ___ say!" (2 wds.)
31. Indian currency
32. 10 million of them equal a joule
33. Capt.'s subordinates
34. Hertz Rent-___-___
35. 640 make 1 square mile
37. Toronto-born classical pianist Gould
38. "Just a___": little bit
39. Cupid
40. Icy precipitation
41. Snake warning
42. Ottawa-born star of *The Blues Brothers* and *Ghostbusters* (2 wds.)
45. 2:1 or 3:1
46. Consumes
47. "See if ___!" (2 wds)
50. Lightweight umbrella
53. Montréal-based 2011 Juno Album of the Year winning group (2 wds)
56. A Great Lake
58. After-dinner candy
59. John ___: first American to orbit the earth and, later, Ohio senator
60. Alta. neighbor
61. Something in one's bonnet, maybe (2 wds.)
62. Rowboat equipment
63. Fall behind

Down
1. Pig pen
2. "Be with you in ___!" (2 wds)
3. Australia's gemstone
4. Garfield's feline girlfriend
5. "The ___ Piper of Hamelin"
6. Gender
7. Summer time in Ont.
8. The ___: series starring Mr. T (2 wds.)
9. Burglarizes
10. "Mmm-hmm" (2 wds.)
11. Requests
13. Montréal-born *Star Trek* star
14. Concerning the Vatican
18. Raises
20. Jab
23. To be: Fr.
24. Grads get them: abbr.
25. George who created *Star Wars*
26. Apple tablet computers
27. ___ firma: ground beneath one's feet
28. Common trashcan site
29. Horse
30. "It ___ your concern": "None of your business"
31. "Drat!"
35. *Diary of* ___ *Housewife* (2 wds.)
36. Jailbirds
37. ___ over: examines perfunctorily
39. Appended
40. Spanish equivalent of mlle.
43. Aches (for)
44. Actress Black or Allen
45. Speechify
47. "___ Rock": Simon and Garfunkel hit
48. Baby's bed
49. Teenager's problem
50. Fishing site
51. Spoken
52. Bart Simpson's sister
54. Megalomaniacal feature
55. Tampa's state: abbr.
57. Heart measure, for short

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6								7
	3	2				9	1	
			5	3	9			
		4	6	8	5	1		
2	5						8	6
		6	4	2	7	5		
			2	9	1			
	7	3				6	2	
1								9

Yesterday's Sudoku

3	8	7	2	1	9	6	5	4
5	4	2	6	7	3	8	1	9
1	9	6	4	5	8	7	2	3
4	3	1	9	8	7	5	6	2
6	5	9	1	4	2	3	7	8
2	7	8	3	6	5	4	9	1
7	1	3	5	9	4	2	8	6
9	2	5	8	3	6	1	4	7
8	6	4	7	2	1	9	3	5

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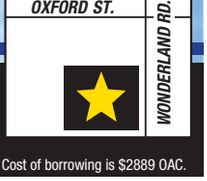

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